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Wednesday, March 21, 2018 metro.us | t: MetroPhilly | f: MetroPhilly

HEAR MARCH ROAR

Philly is gearing up for as much as 13 inches of snow by the end of the fourth nor'easter of 2018. 4

Latest on Maryland school shooting. 10

Eagles have more options than you think at 32 overall. 18-19

PHILLY HITS IT BIG AT SXSW

The Amplify Philly activation had its own house this year, highlighting the city's hottest musicians, startups and more. 12-13

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WELCOME TO METRO PHILLY

JENNIFER LOGUE, FEATURES EDITOR

It might be chilly in Philly now, but down at SXSW in Austin, our fair city was sizzling hot. For the first year ever, Amplify Philly had its own 2-story house, smack dab in the center of all the festival action, casting a spotlight on Philadelphia's hottest musicians, startups and more. We chat with Dave Silver, co-founder of REC Philly and one of Amplify Philly's organizers, about how it all came together. Read more on pages 12-13 and at **metro.us**.

TRUMP CONGRATULATES PUTIN, SAYS MEETING SOON

1 President Donald Trump on Tuesday congratulated Russian President Vladimir Putin on his re-election and said they would likely meet soon as relations between the two countries grow more strained over allegations of Russian meddling in the U.S. electoral system. Trump's overture to Putin was criticized by top senators in his own Republican party, who called Sunday's election a sham. Senate Majority Leader Mitch McConnell said there was a "lack of credibility in tallying the result." When asked if Russia's election was free and fair, White House spokeswoman Sarah Sanders responded: "We don't get to dictate how other countries operate." Putin won a landslide victory to extend his rule over Russia for six more years at a time when his ties with the West are on a hostile trajectory. "I congratulated him on the victory, the electoral victory," Trump said.

REPORT: CAMBRIDGE ANALYTICA HAD KEY ROLE

2 The suspended chief executive of U.K.-based political consultancy Cambridge Analytica claimed in secretly recorded video that his company played a decisive role in the 2016 election campaign of President Donald Trump, Channel 4 News reported on Tuesday. British broadcaster Channel 4 News mounted a "sting operation" in which it secretly recorded Cambridge Analytica Chief Executive Alexander Nix saying he had met the then Republican presidential candidate "many times" and that his firm played a central role in the final months of the campaign. "We did all the research. We did all the data. We did all the analytics. We did all the targeting. We ran all the digital campaign and our data informed their strategy," Nix told an undercover reporter during a meeting in a London hotel. ***Read more on page 11.***

GETTY IMAGES

FALLAS FESTIVAL IN SPAIN

3 Ninots depicting Russian President Vladimir Putin (L), President Donald Trump and North Korean leader Kim Jong-Un burn on the last night of the Fallas Festival in Valencia, Spain, on Monday. Fallas are gigantic structures made of cardboard portraying current events and personalities in which individual figures, or ninots, are placed. The fallas are burned in the streets as a tribute to St. Joseph, patron saint of the carpenters' guild.

5 THINGS YOU NEED TO KNOW

TRUMP MUST FACE DEFAMATION LAWSUIT

4 A New York state judge on Tuesday said President Donald Trump must face a defamation lawsuit by a woman who accused him of sexually harassing her after she appeared on his former reality TV show. The decision by Justice Jennifer Schecter of New York state court in favor of restaurateur Summer Zervos, a former contestant on NBC's "The Apprentice," raises the prospect that Trump might have to answer embarrassing questions in court about his behavior toward women. She rejected Trump's claim that he was immune from being sued. "No one is above the law," the judge wrote. A White House representative was not available for comment on the ruling. Also on Tuesday, Karen McDougal, a former Playboy model who said she had an affair with Trump, filed suit in California to release her from a legal agreement requiring her to stay silent.

TSA CLAIMS NO SEARCHING OF TRAVELERS' DEVICES

5 The Transportation Security Administration said on Tuesday in response to a lawsuit that it does not search electronic devices of air travelers for content. The American Civil Liberties Union Foundation of Northern California filed a Freedom of Information Act lawsuit last week seeking government documents from the TSA detailing "searches of electronic devices belonging to people traveling on domestic flights." In 2017, the agency said that it had implemented stronger screening procedures for carry-on items that required passengers to place all electronics larger than a cell phone in bins for X-ray screening. TSA said the screening "is solely intended to verify that there has been no physical tampering or hidden threat placed within the electronic device."

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A National Weather Service snowfall forecast released Tuesday predicts a heavy load of snow in the Philadelphia area. GETTY IMAGES

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Philly prepares to shut down again ahead of snowstorm Toby

It's forecast to possibly snow a foot over the course of Wednesday.

SAM NEWHOUSE
sam.newhouse@metro.us

Again? Just weeks after getting walloped with two successive snowstorms, another storm that looks like it could be even bigger is on the way.

Now 12 to 18 inches are forecasted to fall on the Philadelphia region over the course of Wednesday, at a rate of some 2 to 3 inches per hour, the National Weather Service said, before tapering off by night.

Some schools closed early Tuesday as sleet began to fall. City courts announced by noon that they would close Wednesday.

SEPTA is modifying schedules to accommodate the weather conditions. The Market-Frankford and Broad Street lines will be running 24 hours. The Regional Rail will be on a severe storm schedule, and the Cynwyd line is canceled.

"SEPTA is urging customers to plan ahead, and if possible, avoid unnecessary travel as Winter Storm Toby moves into the region late Tuesday afternoon and continues through Wednesday," the authority said in a press release.

Passengers are urged to visit septa.org or call 215-580-7800 for specific conditions.

Many schools were closing early on Tuesday ahead of the expected storm. Parochial schools in the city and Archdiocesan high schools were already set to be closed on Wednesday. All School District of Philadelphia schools and administrative offices will be closed Wednesday.

Two nor'easters in a row rocked Philadelphia earlier this month, winter storms Riley and Quinn, downing hundreds of trees in Philly and knocking out power for hundreds of thousands across the region.

Check metrophilly.us for the latest updates.

12-18
INCHES
Snow expected on Wednesday

2-3
INCHES PER HOUR
Expected rate of snowfall

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Mom of OD victim: Death penalty proposal is too much

Even a woman whose son was a victim of the opioid epidemic doesn't see the death penalty as the answer.

SAM NEWHOUSE
sam.newhouse@metro.us

Janice Matthews' son Austin Sternberg died Jan. 27, 2016, after buying a bag of fentanyl-laced heroin in Kensington.

Matthews saw the dealer who sold the heroin that killed her son, Antonio Moreno, convicted and sentenced to between 16½ and 30 years for possession with intent to distribute and violations of probation.

But Matthews disagreed with President Donald Trump's proposal to give some drug dealers to the death penalty.

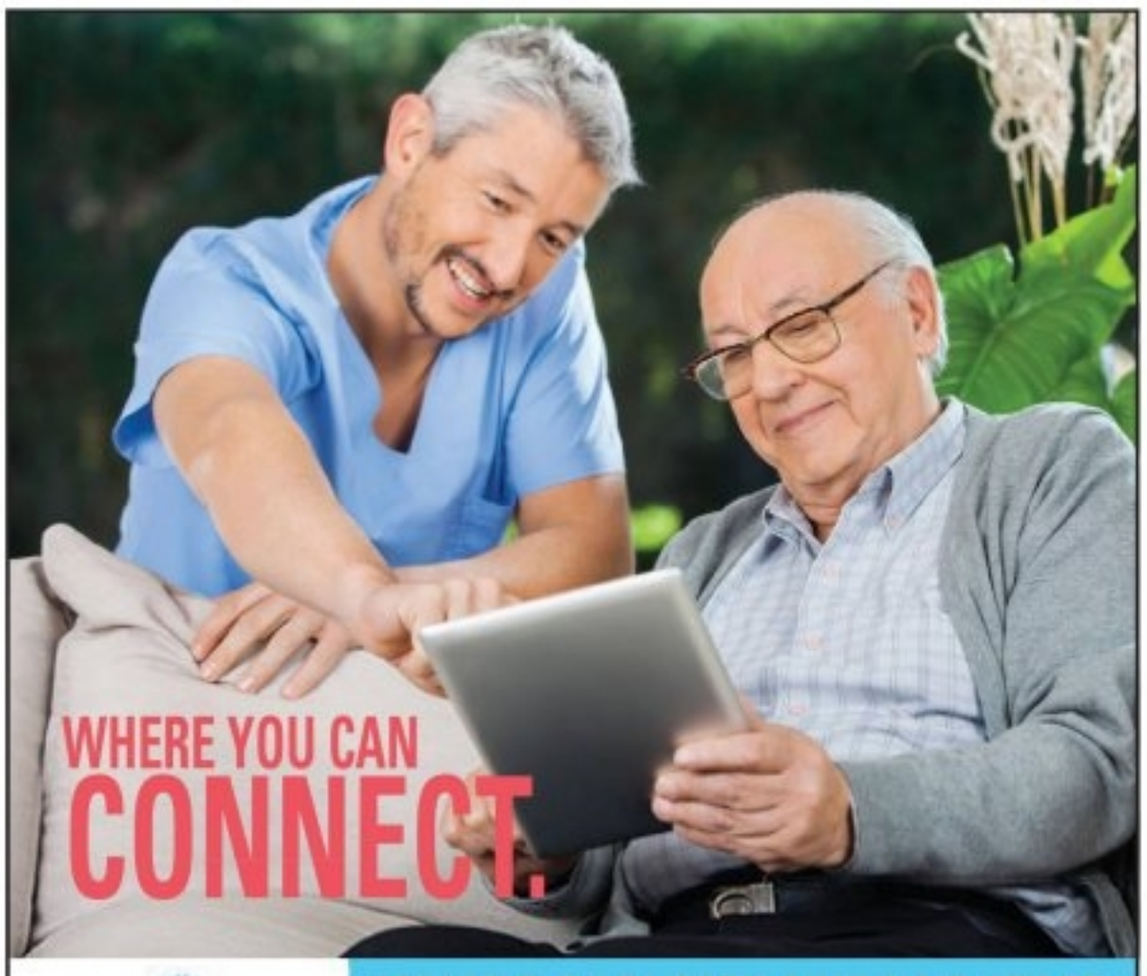
How do you feel about sentencing for drug dealers? They need to do more. These guys can just go in, and they're out. He's responsible for Austin's death — to me, I believe that should be manslaughter charges.

What do you think about Trump's proposal to give drug dealers the death penalty? That's a tough one. I don't want to say just kill him, just bump him off. That's a little far. It's hard, and he has kids and children. But you did what you did, and hopefully when you come out, you'll be a different person.

What do you think about the death penalty's effectiveness? They just sit behind bars on death row, or they get off on some small thing. They don't do it. Am I really angry with this young man? I am, because he caused me lots of heartache, lots and lots of pain I live with all the time. But you need to learn your lesson, and hopefully get something together at Graterford, as far as education or work programs — it's imperative.

Interview condensed for clarity.

Janice Matthews' son died from fentanyl-laced heroin. His dealer got 16½ to 30 years. She says the death penalty is too harsh for these cases.
SAM NEWHOUSE



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Body of missing St. Joe's student found in Bermuda

Authorities in Bermuda have confirmed that they discovered the body of a St. Joseph's University student reported missing Sunday.

Mark Dombroski, 19, was visiting the island for a rugby tournament and was last seen around 1 a.m. on Sunday. Security footage reportedly captured Dombroski leaving a bar where he was with friends.

Authorities have not ruled out foul play, but no specific suspicious circumstances have yet been reported.

"Foul play is not ruled out right now," Bermuda Police Service Acting Assistant Commissioner James Howard told reporters.

St. Joe's released a statement on Dombroski's death, saying "We extend our deepest sympathies to the Dombroski family along with Mark's teammates, classmates and friends.

Mark Dombroski, 19, was discovered dead in Bermuda. COURTESY OF DOMBROSKI FAMILY

… The circumstances of Mark's death are still under investigation by BPS [Bermuda Police Services.]"

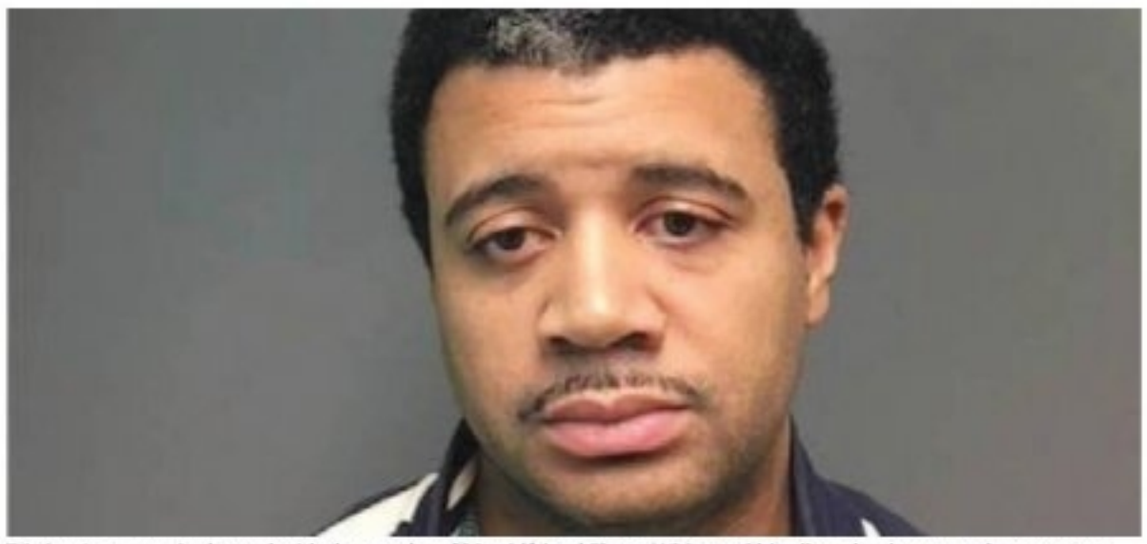
His family even traveled to the British island territory, and his mother, Lisa Dombroski, said closed-circuit cameras caught Mark leaving his group of friends early, and possibly suffering from some pain due to an injury sustained on his left shoulder during a prior sports game.

"His state of mind was probably just that he wasn't feeling great, his shoulder was hurting, he wasn't in a celebratory sort of mood. He wanted to get back," she said while police were still searching for her son. "We love our son, we cherish our son, we want our son back."

Dombroski's body was discovered in an area called the Arboretum, near where some of the rugby games had been played, Bermuda police reported.

Friends remembered him as an outgoing and friendly person who had been actively involved in Media Little League.

"Terribly saddened by the loss of our teammate Mark Dombroski ('21) who was our friend, our teammate, and our brother," the Rugby team wrote on Facebook. "A true champion of the game. Our sincere condolences to the Dombroski family and friends." SAM NEWHOUSE



Tristian Jones, 35, is charged with the murder of his girlfriend Ebony White and his alleged unborn son she was pregnant with. COURTESY OF MONTCO DA'S OFFICE

DA: 'Fornication is a sin,' Philly man texted pregnant girlfriend before he killed her

SAM NEWHOUSE
sam.newhouse@metro.us

Montco prosecutors charge 35-year-old Philly man with murdering woman and unborn son in front of two kids.

A Philadelphia man is charged with stabbing a pregnant woman and her unborn child to death inside her Elkins Park apartment last month, the Montgomery County DA's office announced Tuesday.

Tristian Jones, 35, of the East Germantown area, is charged with murdering 31-year-old Ebony White, who was 7 1/2 months pregnant, in front of her two children, aged 7 and 12.

Now he faces charges both for her murder and murder of her unborn child, the DA's office said.

"Domestic violence and intimate-partner violence like this senseless killing is all too often a hidden crime until it's too late and police arrive to investigate a murder," Montgomery County DA Kevin Steele said in a statement. "This attack and murder of a mother and her unborn child happened while her two young children were in the apartment. They could hear their mother being attacked and stabbed to death."

Cheltenham Township police responded to White's apartment on Mather Way in Elkins Park around 3:20 a.m. on Feb. 19. They had received a call from her 12-year-old daughter, calling from inside the apartment bathroom.

The 12-year-old later told investigators she had seen a man she called "Mr. Tristian" at the doorway to her mother's room. During an interview with child advocates and prosecutors, she said "she heard screaming and went into her mother's bedroom … [and] saw the male stabbing her mother."

The daughter said she begged the attacker to stop. "She screamed at the male to stop hurting her mother and the male lunged at her with the knife in his hand. [She] retreated to the bathroom, where she called 911," a police report stated.

Jones was quickly identified but denied any involvement in the murder to police. But witnesses and text messages indicated he and White had been having difficulties over her pregnancy, which he had not told his wife about.

Witnesses said Jones had previously urged White to drink a "white, foamy liquid," allegedly telling her, "Drink it if you love me. … it will be good for you and the baby." When she refused, he grew angry.

> **"Domestic violence and intimate-partner violence like this senseless killing is all too often a hidden crime until it's too late."**
> DA Kevin Steele

In text messages from Jones' phone to White's the day before the murder, he discussed his thoughts on "fornication."

"I still want to do what's right. And I still recognize that fornication is a sin. I haven't changed my viewpoints on fornication," he texted her just nine hours before her death. "I committed a sin. And I can't let the kids think that part was okay … I don't want any of the kids yours included thinking sex before marriage."

Jones was jailed after being arraigned Monday and will have a preliminary hearing March 29 in Montgomery County Court.

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Fifth Texas parcel bomb blast leaves investigators baffled

Austin Police Chief Brian Manley (L), ATF Special Agent in Charge Fred Milanowski and FBI Agent Christopher Combs brief reporters during a news conference on Monday in Austin, Texas. GETTY IMAGES

A package bomb blew up at a FedEx distribution center near San Antonio on Tuesday, the fifth in a series of attacks that have rocked Texas this month and left baffled investigators searching for what they suspect is a serial bomber.

The package filled with nails and metal shrapnel was mailed from Austin to another address in Austin and passed through a sorting center in Schertz, about 65 miles away, when it exploded on a conveyer belt, knocking a female employee off her feet, officials said.

It was the fifth of a series in explosions in Texas in the past 18 days that have killed two people, injured others, and left hundreds of federal and local investigators scrambling to find the perpetrator and a motive.

"Somebody has to know something. ... The person behind these explosives, please, we want to know why."

FBI spokeswoman Christina Garza

"We do believe that these incidents are all related. That is because of the specific contents of these devices," interim Austin Police Chief Brian Manley told members of the Austin City Council, the Austin American-Statesman reported.

A further package sent by the same person was discovered and turned over to law enforcement, FedEx Corp. said in a statement on Tuesday.

FedEx did not give further details on the second package but a FedEx employee with knowledge of the incident said another box had been tracked to a south Austin facility. The facility was evacuated, said the employee, who asked for anonymity because he was not authorized to discuss the matter.

Speaking through the media, officials have appealed to the bomber to reveal the motives for the attacks. They have also asked the public for any tips, offering a $115,000 reward for information leading to the arrest and conviction of the culprit.

"Somebody has to know something," said Federal Bureau of Investigation spokeswoman Christina Garza. "The person behind these explosives, please, we want to know why."

"This is obviously a very, very sick individual, or maybe individuals," President Donald Trump told reporters. "These are sick people, and we will get to the bottom of it."

The four previous explosions — which took place between March 2 and March 18 — killed two people and injured four others, unnerving residents of Austin, the state capital of some one million people.

The first three devices were parcel bombs dropped off in front of homes in different Austin neighborhoods. The fourth went off on Sunday night on the west side of the city and was described by police as a more sophisticated device detonated through a trip wire.

Investigators were trying to work out a motive for the bombings and identity of the bomber or bombers, a U.S. security official and a law enforcement official told Reuters.

The FBI was investigating the FedEx package explosion on the assumption of a connection to the Austin bombings, the law enforcement official said. Both sources declined to be identified.

Security experts said the recovery of the second FedEx package and the attacker's use of a commercial parcel service could give investigators important clues.

Police have not given any details about the address on the second parcel or whether it contained any kind of device, saying only that it was a suspicious package. REUTERS

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Gunfire erupted before 8 a.m. at Great Mills High School, about 70 miles south of Washington, D.C. GETTY IMAGES

Two wounded in Maryland school shooting; gunman dies

Tuesday's shooting occurred days before a planned Saturday march in Washington calling for new restrictions on guns.

A 17-year-old student opened fire at a Maryland high school on Tuesday, in an attack that left two fellow students wounded, then died after a gunfight with an officer stationed there, amid a renewed debate over gun violence in schools.

The shooting in St. Mary's County followed last month's Florida high school massacre and came just days ahead of a national march backing stronger gun laws.

The gunfire erupted shortly before 8 a.m. at Great Mills High School, about 70 miles south of Washington, county Sheriff Timothy Cameron said.

A 16-year-old girl was in intensive care with life-threatening injuries, Cameron told a news conference. A 14-year-old boy was in good condition at a hospital.

The gunman was identified as Austin Wyatt Rollins, and Cameron said there was "an indication" the teenager had a prior relationship with the female student, though it was still under investigation.

The sheriff initially told reporters Rollins shot both victims with a handgun but then said in response to questions that investigators were still not certain who had fired the shot that hit the 14-year-old.

He also said it was not clear whether Rollins died after being shot by the officer, Deputy 1st Class Blaine Gaskill, or from a self-inflicted gunshot.

The latest in a long string of deadly shootings at U.S. schools and colleges occurred a little more than a month after 17 students and educators were shot dead at Marjory Stoneman Douglas High School in Parkland, Florida.

That massacre sparked a new student movement against gun violence, including a national school walkout last week that included some Great Mills students.

"We recently had a protest about school violence last week, and now this has happened," said Kameron Norwood, 16, as he and other students who had been transported to a nearby high school waited for to relatives to pick them up.

Sheriff Cameron said Rollins pulled out a Glock semiautomatic around 7:55 a.m. in a hallway and opened fire.

"We recently had a protest about school violence last week, and now this has happened."

Student Kameron Norwood

The attack, lasting less than a minute, ended after Gaskill ran inside and confronted Rollins, with both firing a single shot almost simultaneously.

The officer was not harmed, Cameron said. Rollins was confirmed dead at 10:41 a.m. at a hospital.

Rollins was a fan of the Dallas Cowboys football team and NASCAR racing, according to his Facebook page, and appeared several times on the school's honor and merit rolls for good grades that were published in a local newspaper.

If authorities confirm Gaskill fired the fatal shot, it may be the only known instance in which a school resource officer, typically a sworn law enforcement member assigned to a school, killed a student gunman during an active shooting. REUTERS

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Cambridge Analytica: What is it, and will it end Facebook?

Cambridge Analytica is in the news for its link to the 2016 Trump presidential campaign and possible misdeeds connected to it. On Tuesday, an explosive TV report by Britain's Channel 4 showed executives of Cambridge Analytica on hidden camera bragging about using dirty tricks in overseas elections, including entrapment and bribes. (The company denied it has used those techniques.)

Simultaneous stories in The New York Times and the Guardian profiled a former Cambridge Analytica employee who said the company scraped data from millions without authorization to sell for political purposes, that he developed software likely used in the Trump campaign and that future Trump campaign manager Corey Lewandowski was talking with Cambridge Analytica in 2015.

What is Cambridge Analytica, and what does it do?

Cambridge Analytica is a British company that set up an outpost in Massachusetts funded by Republican megadonors Steve and Rebekah Mercer. (The Mercers originally supported Ted Cruz before throwing their full weight behind Donald Trump.) The company mines and analyzes online data for use in political campaigns.

Cambridge Analytica is accused of capturing 50 million Facebook users' data without authorization, then selling it to political campaigns to target those users with advertising based on "psychographics," such as their likes and follows, and what those may indicate about their hopes and fears. The company is suspected of using those microtargeting capabilities to disseminate fake news and disinformation, including from Russia, to help Donald Trump and hurt Hillary Clinton in the 2016 presidential election, along with influencing the 2016 Brexit vote.

Politicians who have used CA's services include Rep. Thom Tillis (R-North Carolina), Ted Cruz and Ben Carson.

The Trump campaign said it did not use psychographics in the 2016 election. Former national security adviser Mike Flynn said he had served as an adviser to Cambridge Analytica during the Trump campaign.

Will Cambridge Analytica be the end of Facebook?

After Monday's news, Facebook users revolted over the news that Facebook had allowed their privacy to be violated and their personal information weaponized for political ends.

As ingrained as Facebook is into modern communication, it will take a lot to bring it down. These revelations are a lot, but probably not enough. That said, there's plenty of unrest in the company right now: Its stock price dropped about 9 percent on each of the two days following the Channel 4 and newspaper reports. A top executive announced he would resign following a disagreement on how the company handled Russian disinformation on the platform. And the company called an emergency all-hands meeting Tuesday.

What may happen: Members of Congress are demanding that Mark Zuckerberg and other Facebook employees testify on Capitol Hill. The Federal Trade Commission may subject the company to massive fines for violating FTC privacy rules. Congress may also see fit to begin regulating internet companies, specifically advertising, requiring political ads to be more transparent and attributable.

For years, other industries have been grumbling about being subject to government regulation while Congress has turned a blind eye to Silicon Valley. The online political advertising sphere has been likened to "the Wild West." Following that analogy, we might be on the verge of another Industrial Revolution.

MICHAEL MARTIN

Former national security adviser Mike Flynn said he had served as an adviser to Cambridge Analytica during the Trump campaign. GETTY IMAGES

Philly took SXSW by storm this year

Hard Work Movement rocked the crowd at the Amplify Philly House.

Will Toms and Dave Silver are the founders of REC Philly. ALL IMAGES PROVIDED

With our own "house" in Austin, local artists and entrepreneurs did our city proud.

JENNIFER LOGUE
jennifer.logue@metro.us

Amplify Philly celebrated its third year at the South by Southwest Festival by taking things to the next level: having its first Amplify Philly House.

The activation took place at a two-story restaurant on Sixth Street — the heart of the action for SXSW in Austin, Texas — for two jam-packed days (and nights) of programming March 11 and March 12.

"It's six to eight months of intensive planning," says Dave Silver, co-founder of REC Philly and Amplify Philly organizer. "The bulk of it is fundraising — talking to different companies and hearing a lot of no's over and over again from those who don't understand the impact of SXSW."

Silver spearheaded much of planning on the music side as well, booking artists to perform at the Amplify Philly House concert March 12.

"It was the best concert I've ever booked, without a doubt," he says. "I was really passionate about getting Hard Work Movement on the bill this year. They sold out Johnny Brenda's two or three times, and I really wanted to get them this opportunity."

Ill Fated Natives is another group that was high on Silver's lineup wishlist.

"They are so good. They just need to get in front of a crowd. They've also played shows together with Hard Work Movement and it's beautiful seeing them perform together," he says.

At SXSW, one never knows who's in the crowd hearing your band play, and up-and-coming acts are able to get in front of people they wouldn't be playing to normally. Todd Carmichael, CEO of La Colombe, discovered he was a big fan of Ill Fated Natives.

"The same day he spoke at our fireside chat was our concert, and he was in the front row," Silver says. "When Ill Fated Natives took the stage, he was rocking out. Here is someone who is so influential in our community and he is falling in love with local artists he didn't know before. That was probably the top experience of the whole trip for me."

The artist lineup also included headliner Low Cut Connie, a Philly-based band beloved by Sir Elton John, as well as Ceramic Animal, Ivy Sole, Son Little, Zeek Burse and Vita & the Woolf.

In terms of startups, Amplify Philly did some-

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Todd Carmichael, CEO and co-founder of La Colombe, and the Ill Fated Natives.

thing a little different this year.

"Last year the mayor came down to SXSW with us, and the one critique he had was the lack of diversity there," Silver says. "If Philly was going to go down here, Philly has to bring the diversity down, too."

So instead of allocating money to send the mayor and his team again, funds were used to send four entrepreneurs of color to Austin.

"That meant a lot to me and the initiative because it was a better representation of what our city looks like," Silver says.

Other event highlights include an actual "pitch elevator" built by Comcast LIFT Labs going between the two floors of the restaurant. There were 13 television screens broadcasting Philly-centric content like our epic Super Bowl win as well as clips from "Fresh Prince of Bel-Air."

And, of course, anyone who came to the Amplify Philly House got to feast on Tastykakes and Tony Luke's cheesesteaks as they sipped La Colombe Coffee.

"It was unclear as to how we were going to make it happen in the beginning," says Silver. "We get fundraising from 20-25 companies, whereas some organizations get one or two big checks. It says a lot about the character of our city — our determination to keep going. If it weren't for our community partners, it wouldn't have happened."

It all worked out in the end, however, and according to Silver, the Amplify Philly House was "pulled off flawlessly."

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How to fall back asleep when you have insomnia

You can't just lie there in the dark for hours. Here are practical tips from a sleep expert for how you can bring on the ZZZs.

KATE MOONEY
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We've all been there. It's 2:00 a.m., you're lying awake in your bed in the dark, staring at the ceiling, bored out of your mind and unable to get back to sleep. Or worse, despite getting to bed at a reasonable hour, the ZZZs just aren't coming.

Enough time goes by and inevitably, you reach for your phone to distract you. You scroll Instagram or Twitter or read your decades-old posts on blogspot.com — pick your poison. But this kind of time sucking behavior, coupled with the brightness of the screen, will only serve to stimulate your brain and keep you up longer, says Dr. Jocelyn Y. Cheng.

We asked the neurologist, who works at NYU Langone's Comprehensive Epilepsy Center-Sleep Center, the best practices for getting back to sleep when you're stricken with insomnia.

Give it 20 minutes, then get out of bed

If you've been awake for around 20 to 30 minutes, that's enough time to know that falling back asleep is not going to happen any time soon, Cheng says. At that point, get out of your bed and your bedroom and do something in the dark or under dim light that's "not too engaging, but can distract you until you might feel sleepy again," and return to bed only then. If you still can't fall asleep after 20 minutes, get up and do

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Metro Self Storage 1354 Hook Rd, Sharon Hill PA 19079 • 610-583-7867
Bidding will close on the website www.Storagestuff.bid on 3/27/2018 at 12:00pm.

Collan McKeever 56, Mrs. Patricia A Holmes 119, Cookie Schultz 141, Jenieve Bennett 175, M.O.S. Contracting C/O Oneil Barrett 179, Chanel Mccoy 193, Patricia Holmes 302, Sylvia Lee 364, John Kertis 396, Lisa Bullock 418, Jenna Brown 517

Metro Self Storage 4440 E Bristol Rd, Trevose, PA 19053 • 215-396-1110
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Jerome Estes 5126, Jerry Estes Jr 5072

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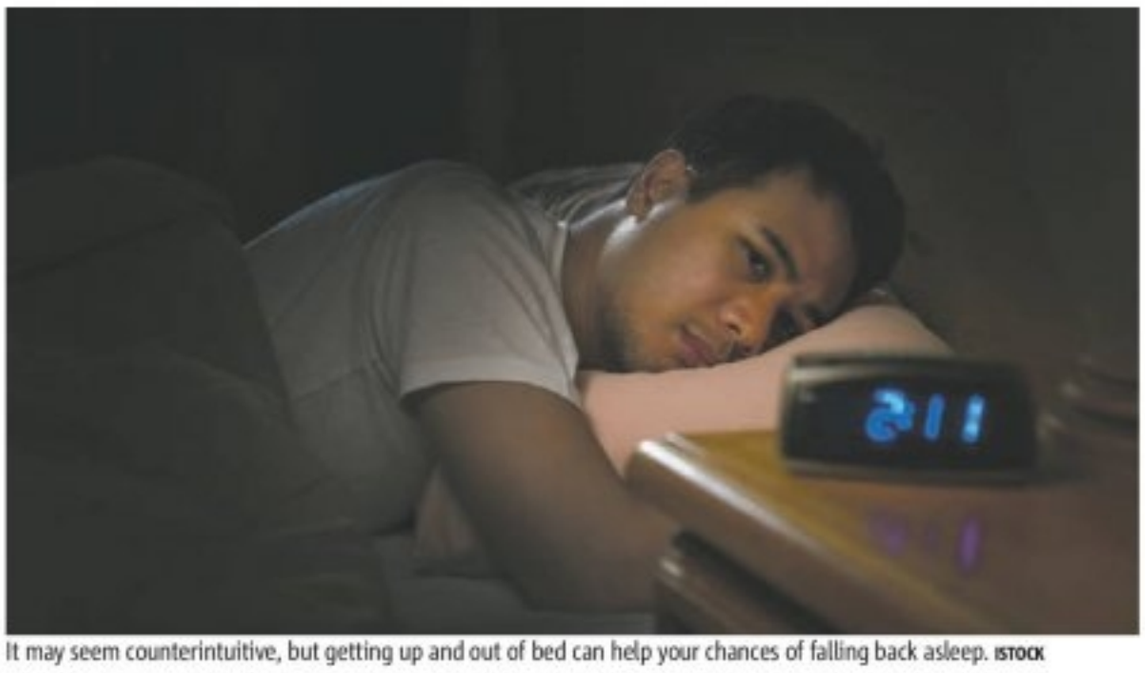

It may seem counterintuitive, but getting up and out of bed can help your chances of falling back asleep. ISTOCK

the same thing again.

Stimulus control

What should you do to keep busy while you're out of bed trying not to fixate on the fact that you can't sleep? Cheng explains a technique called "stimulus control," which means staying away from any activity that might stimulate your brain. Cheng recommends reading or writing under dim light, meditating or doing gentle yoga. But watching Netflix, scrolling your phone or using any device with an unadjustable brightly lit screen tells your brain to stay awake, Cheng explains. It can also confuse your circadian rhythms and melatonin levels.

Turn your bedroom into a zone for sleep and sex only

FYI: "You want to keep your bedroom environment a place where literally only two things occur: sleep and sex," says Cheng. "It shouldn't be used as an office, a living room where you sit and read or snack, or anything like that."

This is admittedly a toughie for anyone who lives with roommates, but it's worth a try. Otherwise, she explains, your brain will associate your bedroom with a place to do activities. (There's even a type of insomnia, called environmental insomnia, wherein people can only fall asleep outside of their bedroom, Cheng says.)

Better luck tonight, folks.

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This new memoir on crafting will convince you to get a hobby, *stat*

Okun finds knitting to be both cathartic and calming. PROVIDED

home

Alanna Okun's debut, "The Curse of the Boyfriend Sweater," is about finding your bliss in soothing repetitive motion.

KATE MOONEY
kate.mooney@metro.us

You don't have to actually care about knitting to get completely engrossed in "The Curse of the Boyfriend Sweater," Alanna Okun's book of essays on crafting.

When I tell the Brooklyn-based author how much I relate to her debut, despite being incapable of making anything with my hands, except a mess, she laughs and says, "Oh good! That's the intended effect."

To me, Okun's memoir reads almost as a self-help text (in the best way) and a call to readers to find their bliss in a "soothing repetitive activity," whatever form that might take for them. It could be yoga, or baking or fishing — hell, adult coloring books (no judgment).

What's the thing you turn to that quiets your mind and steadies you even when you feel the most in flux? For Okun, that's knitting. The act of casting on, casting off, frogging, purling — read it and learn, folks — has carried her through the big hiccups of her 27 years, from breakups to grief to career uncertainty. It's also a daily distraction that calms her fits of restlessness, anxiety and boredom.

The senior editor at Racked tells me how knitting became her anchor and how it's made her a better writer, and she gives practical advice for how beginners can get started with the craft — because, yes, metaphors aside, hers is a book about literally making things out of yarn.

Tell me about how knitting became your rock.
It's kind of been the most constant thing in my life. I can't totally say if I learned to knit before I learned to read, but think I must have. I definitely learned when I was 6 years old. Not only has it been this defining metaphor, it's also been this very literal constant — something that I've done when I'm bored or lonely or when I need something to fill time. What I really love about knitting is that I can do it when I'm watching a movie or talking to a friend at a bar or while getting stuck on the subway. It's become this wonderful layer in my life. That's the physical aspect of it:

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this rhythmic, meditative process that takes me out.

In terms of the more emotional stuff, I've always thought of knitting and crafting as something I can control. It's this way of shrinking the world in front of me down so that it's small enough that I actually just deal with it. I'm a person who has a lot of anxiety. I've had loss and grief like anyone else. Crafting allows me to think, "OK, I can solve this problem. I may not be able to solve the big ones, but I can finish this row." It's been really useful for me. You know what, things are tough and swirling, but they can also be small and easy and a simple motion.

I'd love to hear more about the relationship of knitting to anxiety and how it's helped you curb destructive behaviors.

It's totally metaphorical, but it's also very physical to hold your own hands captive. Because I've definitely struggled with hair-pulling in the last four or five years — trichotillomania, I think they call it — and realized it was such an automatic motion that I did when I was anxious or couldn't control what else was going on. Knitting satisfies the same urge, weirdly. Doing a stitch feels almost the same to my brain.

When you're knitting, you can't look at your phone. You can't fret over typing an email. You're not able to engage in the garden variety bad behaviors that plague so many of us.

For you, how is the act of writing similar to or different from the act of knitting?

Oh, that's a great question. I've always thought of them as muscles located in the same part of me, if that makes sense. I think that so much of what they are is taking these tiny components — taking words, taking stitches — and trusting the process that they will become so much more than the sum of their parts. Three words isn't huge, three stitches isn't really, either, but a couple thousand will start to add up to something. I think in my writing I'm often compelled to want to be done, to have completed the essay, to have the thing. With knitting, you can't do that.

Knitting has allowed me in my writing to slow the f—k down, honestly. You can only knit this row as fast as you can do it, you can only write this sentence as fast as you can do it. It's also been a nice way to solve problems that crop up in writing. If I'm feeling really blocked and staring at my computer, pulling out my knitting and doing a little bit is a nice way of having that motion and getting it back into my fingers. Knitting is almost like making the bed in the morning, that prop-open-the-door task that makes you feel much more capable about doing the harder stuff.

What's your advice for folks who want to get started knitting but might be completely intimidated?

The first place I would tell anyone to go is this website called Ravelry. It's this database of patterns, free and for purchase; forums where you can ask questions. ... It's a great place to feel like you're not alone and that there are resources out there. And there's this website I love called Knitty.com. A book I always recommend to new knitters is "Stitch 'n Bitch: The Knitter's Handbook" by Debbie Stoller. It's so great.

PROVIDED

"The Curse of the Boyfriend Sweater," by Alanna Okun, is now available at Amazon and wherever books are sold.

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3 Targets for the

After the departure of LeGarrette Blount (and likely Darren Sproles) the Eagles could use another running back. ALL PHOTOS GETTY IMAGES

The Birds will address one of their new areas of need in April: running back, secondary or offensive line.

LUKE MILLER
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The Eagles 2018 draft can, at the moment, be split into three distinct parts: their first-round choice; the final selection on the first day of the draft; and everything else, which includes five picks on the third and final day, from rounds four through seven.

That might not be anything like what their final draft looks like. Their first-round pick should be a prime target for teams looking to trade up and grab a player who has fallen, and the Eagles could be eager to recoup some of their missing draft picks in a trade.

But if they stay at 32, here are three players the Eagles have been showing interest in (two have reportedly visited the Eagles since the combine) that could be available when the first round closes. Later, we'll preview players they might target during the latter half of the draft.

Derrius Guice, RB, LSU

Running back isn't the most obvious choice for the Eagles. Even with LeGarrette Blount a newly minted Lion and Darren Sproles future up in the air, the Birds are in good hands with Jay Ajayi and Corey Clement, and a seeming commitment to a rotational system would make spending a first-round pick on a runner seem a bit imprudent. But if you look a little deeper into the future, a case for drafting another running back can be built.

For much more on the Eagles offseason, visit metro.us

Ajayi's rookie contract will be ending after the 2018 season, and depending on how that season goes, he could be due for a big payday the already-cash-strapped Eagles can't afford while they're planning Carson Wentz's own payday. Adding Guice would give the Eagles a potential feature back to step into Ajayi's shoes and replace Blount's aggressive style in the meantime.

Guice is a physical runner whom NFL.com compares to Raiders running back Marshawn Lynch. But the easier comparison might be last year's first-round selection from LSU and Guice's former teammate. He's not the freak of nature Leonard Fournette was, and won't be a top-five pick himself, but while Fournette dealt with injuries in 2016, it was Guice that led the Tigers (and the SEC) in rushing yards and it's Guice who set the school record for rushing yards in a single game with 285.

The comparisons between the two LSU prospects doesn't end with their style. While Guice took advantage of Fournette's injuries to star in 2016, he became victim of his own in 2017. Like Fournette, Guice will be drafted based on the strength of earlier seasons than his most recent.

Connor Williams, OT, Texas

A second player who is hoping teams focus on their 2016 tape is Texas tackle Connor Williams.

Eagles with the 32nd overall pick

This is a position it would be much less surprising to see the Eagles target when the first round comes to a close in a month. It's clear that they prioritize building from the offensive and defensive lines above virtually everything save quarterback, and the long-term future of the offensive line is murky.

It's hard to say they need to improve when the entire group returns from a Super Bowl winning line and their Hall of Fame left tackle gets added back into the mix for good measure, but drafting a tackle now would be a move for the next five years, and getting one at the end of the first round would ensure the Eagles of a fifth-year option on a rookie contract down the road.

To that end, we've talked about a lot of offensive tackles already this off-season entering and leaving the combine, and Williams is a name that came up as early as mid-college season. Part of the reason for that is that he made his mark two years ago, being named First Team All-American as a sophomore. In 2017 injuries limited him to five games and saw him surpassed in the Big 12 by Oklahoma's Orlando Brown. Now Brown has fallen back to the rest of the pack after a legendarily bad day at the NFL Combine.

Williams, on the other hand, used the combine to show teams he was back in 2016 shape. It's hard to nail the first-round offensive tackle prospects down to any sort of order, and their ultimate order is going to fall down to teams picking their favorites. Williams could be on the board when the Eagles pick, or he could be the first tackle to leave it. But if they can bring him along carefully and get him back to the player he was in 2016, they'd be getting a steal.

Eagles 2018 draft picks

Round 1
Pick 32

Round 4
Pick 130 (Acquired from Vikings in Sam Bradford trade)

Round 4
Pick 132

Round 5
Pick 169

Round 6
Pick 206

Round 7
Pick 250 (Acquired from Seahawks in Michael Bennett trade)

Justin Reid, S, Stanford

Reid is the brother of former 49ers safety Eric Reid, who was a first-round pick from LSU in the 2013 draft. It would be a bit surprising to see the Eagles take a safety this high, something they haven't done since 1990. But they also haven't picked this late in the first round since, well, ever.

The case for getting younger at safety starts with the fact that the Eagles aren't especially young there. Malcolm Jenkins is 30, Corey Graham is 32 and a free agent, and Chris Maragos is 31 and primarily a special teamer. Rodney McLeod meanwhile, has a contract with the look of a potential cap casualty in coming years when the Eagles salary structure shifts dramatically. Even now, with Graham's future with the organization unclear, adding a third safety for when Jenkins slides to the slot or linebacker is a priority.

Reid played an athletic game on the field at Stanford and backed it up at the combine, posting a 4.4 second 40-yard dash and excellent three-cone and broad jump marks. At 6-foot-1 and with a 36" vertical, it's also easy to see how he ended his junior season with five interceptions. He's a ball hawk and a hitter, and the Eagles have the veterans on the team to mentor a great safety.

A lot of mocks have been sending cornerbacks the Eagles way, be it USC's Donte Jackson or Louisville's Jaire Alexander. And while replacing Patrick Robinson is important, it might make more sense for the Eagles to test and evaluate the young corners they already have stockpiled (Ronald Darby, Jalen Mills, Sidney Jones, Rasul Douglas) in 2018 and count on Jenkins as a backup plan if none of them prove to have the skill-set necessary to excel in the slot. If that's the route they have to go, someone has to be there to step onto the field at safety.

Sixers playoff deep dive: Home-court advantage seems very likely

The Sixers are in very good shape with 13 games left to play.

EVAN MACY
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The Sixers are on the precipice of clinching their first playoff spot since 2012. It's been a long six years, but The Process is looking like it's working.

Before Tuesday night's games, Philly had a magic number of four to clinch a spot — which could be improved with a Pistons loss to the Suns late Tuesday. Essentially, the Sixers are two wins away from guaranteeing their place in the postseason.

For a team carrying the highest torch of losing in the sport of basketball for half a decade, the Wells Fargo Center will be a magical place this spring. Is the team, led by a bevy of players in their early 20s, ready for it?

"This is foreign territory for a lot of our guys," Sixers head coach Brett Brown said. "We can talk all about Dario [Saric] playing at Efes, and Ben [Simmons] playing at LSU, Joel [Embiid] playing at Kansas — it's not the NBA playoffs. The NBA, 82 regular season vs. the NBA playoffs is a different sport. It's played a little differently, it's reffed a little differently. And the young guys will experience that, and you get a little smarter and better and hardened as time goes on, but it is not for the faint or weary. It's a man's world, especially, when you get into a seven-game series, and it's different."

Philly has 13 games left to jockey for their playoff positioning. They can end up, realistically, seeded anywhere from 8-to-3.

The Sixers should be able to clinch a playoff spot this week. GETTY IMAGES

Home-court advantage is the No. 1 thing the team should be concerned with.

The squad is 1.5 games behind the Cavaliers for the 3-spot and one game behind the Pacers for the four spot. Avoiding LeBron James and the Cavs would give the Sixers a much better chance at advancing to the second round. As would avoiding the top two runaway seeds in Boston and Toronto. Which means avoiding the seventh and eight seeds is also a desirable achievement.

Philly has the absolute easiest schedule left in the NBA, facing just three likely playoff teams (the Timberwolves, Cavaliers and Bucks) in their final 13 contests with the other 10 against teams competing for a good lottery spot. Including going up against the Grizzlies fresh off their 15th straight loss.

Things are looking good for now, and for a potential home Game 1 when the playoffs start in April. Lets hope the team can be well-rested enough to compete during the NBA's "second season."

"In 21 days we had played 12 games and we were on the road for like 14 days, had two back-to-backs, now we've got four games in six days and so sandwiched in between," Brown said after a win against Charlotte Monday. The sooner Philly can clinch, the sooner they can rest a bit.

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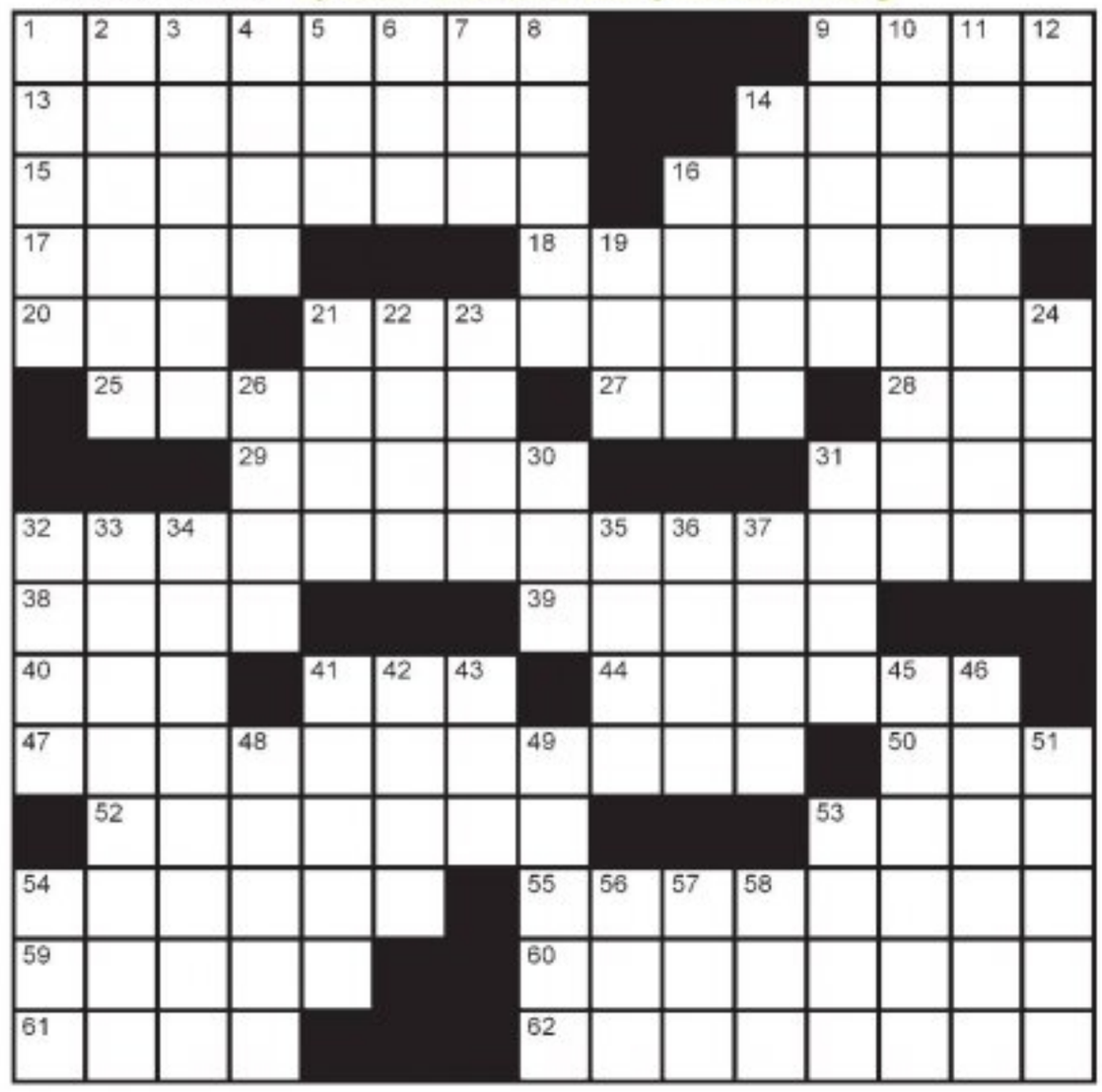

Across

1 Spit game?
9 Skiing great Lindsey
13 Restaurant chain that introduced chorizo in 2016
14 Native American home
15 Epitome of ease
16 "Still waiting to hear"
17 Extremely dry
18 Habitat for colorful fish
20 Wicked cool
21 Measure of separation in Hollywood
25 "Why you little ..."
27 Maple syrup source
28 Cheer shouted over vuvuzelas
29 Jungian life force
31 McCarthy-era lawyer Roy
32 '80s fad toy
38 Long, narrow inlets
39 Cliche
40 "___ Poetica"
41 Highest Minor League level
44 Like Charlie, at Willy Wonka's factory
47 Stuffing ingredient
50 Cool after baking
52 H.S. course whose curriculum includes Virgil and Caesar
53 "Good heavens, old chap!"
54 Resells, as a ticket
55 Haven for the hungry, or a hint to 15-, 21-, 32- and 47-Across
59 French for small
60 Steel company's resource
61 Tennis great Arthur
62 Some NFL highlights

Down

1 Kid's motorized wheels, informally
2 "Gone With the Wind" family
3 Relative of jujitsu
4 Went 65 in a 55, say
5 Haul, as a trailer
6 Grp. that might sponsor a silent auction
7 ___-gotten gains
8 "Wall Street" character with a lizardlike name
9 Poison
10 One without secrets
11 Capital of India
12 "Duck Hunt" console
14 Refill with coffee
16 One of Columbus' ships
19 Turn-___ (attractive qualities)
21 Word before fide
22 Not worth ___
23 Attended
24 Tear apart
26 Scoops up, as a perp
30 Perfectly suitable
31 Word in many bistro names
32 Baltimore delicacy
33 Pilots' competitions
34 Route for one's trip home?
35 Composer Khachaturian
36 The Taj Mahal, e.g.
37 IRS form experts
41 Change
42 Play parts or plays a part
43 Shapiro of NPR
45 Ecole writing assignments
46 Senator Feinstein
48 Kate's sitcom friend
49 Like most new gym members
51 Rugrats
53 Some early PCs
54 Hot place to chill
56 Major Midwest airport code
57 Alley-___
58 Strands in a lab

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easy

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hard

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	2		4			3		
7			2			4	5	
		6						

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Aries Take on responsibilities and show everyone what you are capable of. Don't limit what you can do just because someone is being unreasonable. Know your target.

Taurus Knowledge is a powerful tool that will give you the edge you need when faced with competition. Keep the facts in mind and your ideas a secret.

Gemini Take advantage of a situation that will help you do things a little differently or allow you to learn something new. Do the work and you'll reap the rewards.

Cancer Taking on a job that doesn't offer remuneration will turn into a burden as well as lead to a loss of respect. Offer your services, but insist on something in return.

Leo You can rise to the top. Make positive changes that will encourage more opportunities. A change to the way you earn your living or handle your money looks promising.

Virgo Only participate in functions that won't financially or physically jeopardize you. Overdoing it to prove a point will backfire, leaving you at a loss.

Libra A change to the way you handle your money will be necessary. Debt needs to be cleared before you start spending money. Talk to an adviser or put a budget into effect.

Scorpio Dig in and get things done. What you accomplish will help you figure out what you want to do next and how you can use your creativity to get ahead.

Sagittarius You'll never have the approval of everyone around you, so stop waiting and start following your heart and gut feelings. Trust in yourself, not in what others do or say.

Capricorn Think twice before you take over for someone who hasn't been doing a good job. You'll be left to deal with authority figures who won't care if you are just a facilitator.

Aquarius Reach out to someone who can offer you alternatives. Knowing your options will make it easier to avoid wasting time. Being realistic and having a good plan.

Pisces Revisit old dreams and make a point to reconnect with people you miss and lost touch with. Learn from your past and restructure the way you move forward. EUGENIA LAST

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A	L	P	O				R	E	F		W	O	R	E
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E	G	R	E	T		A	S	T	I		G	I	S	T
C	O	R	N	C	O	B	S		J	E	S	T	E	R
				H	U	E		B	O	B		S	T	Y
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B	E	E	N		S	H	O	T	S		E	C	R	U
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